



INTRODUCING: LIFESTYLE ACADEMY

LIFESTYLE ACADEMY IS AN EDUCATIONAL SERIES THAT VISITS RELEVANT HEALTH AND WELLNESS TOPICS WITH THE PURPOSE OF DEVELOPING MANAGEMENT SKILLS AND STRATEGIES THAT WILL HELP YOU TAKE CONTROL OF YOUR HEALTH. THE FORMAT FOR THESE SESSIONS INCLUDES INTERACTION AND DISCUSSION WITH THE PURPOSE OF STIMULATING THOUGHT AND ACTION THAT WILL TRANSLATE INTO BETTER UNDERSTANDING AND BETTER HEALTH.

2016 WINTER/SPRING SESSIONS:

JANUARY: TAKE CONTROL OF YOUR HEALTH
FEBRUARY: YOU ARE WHAT YOU EAT
MARCH: SICK OF FEELING SICK?
APRIL: BIG BANG FOOD CHOICES

SEE BACK FOR DESCRIPTIONS

FEE: FREE TO MEMBERS
DAILY FACILITY ENTRY FEE/NON-MEMBER

**PLEASE REGISTER AT THE
FRONT DESK**



891-1616

Mondays at 11:00a
Community Room
January 11
February 8
March 14
April 11



837-5900

Thursdays at 11:15a
Community Room
January 14
February 11
March 17
April 14



891-1500

Wednesdays at 10:00a
Community Room
January 13
February 10
March 16
April 13



LIFESTYLE ACADEMY SESSION DESCRIPTIONS:

2016 WINTER/SPRING SCHEDULE:

JANUARY: TAKE CONTROL OF YOUR HEALTH

Most people have a particular point of view by which they navigate life and make decisions. This session will look at common perspectives that are used when health and wellness issues are considered and how much of the information has knocked us off the course to a healthier life.

FEBRUARY: YOU ARE WHAT YOU EAT

What are you eating? You can pretty much predict what your make-up is by the pieces and parts you provide for the system that is your body. Do those pieces and parts strengthen or weaken your system. "You Are What You Ate" will delve into the concept of food and look at what else we may be putting into our bodies.

MARCH: SICK OF FEELING SICK?

The variety of food choices these days is overwhelming to say the least. What drives our choices and how do we know what to choose and when? Understanding how our bodies respond to specific foods is a primary tool you can use to control everything from weight gain and illness, to mental state. This information will be the basis for developing a food arsenal that will get you healthy and feeling great!

APRIL: BIG BANG FOOD CHOICES

Not doing too good in the eating department? Want to make changes but have no idea where to start? In this presentation we will discuss a mindful strategy to help you transition to a purposeful awareness of eating and what you can expect when navigating through this essential process.

Presenter Information:

Bill Ingemi is a certified athletic trainer and the Health and Human Performance Director for the Springfield-Greene County Park Board. He received his Master's degree in Athletic Training from West Virginia University and is certified by the National Athletic Trainers' Association Board of Certification. He is the Head Athletic Trainer for the Springfield Lasers World Team Tennis franchise, is on the Board of Directors for the Springfield Area Community Olympic Development Program and is part of the City of Springfield inBalance employee wellness program. Bill has been a presenter at numerous conferences and seminars covering topics that include Injury Care & Prevention, Low Back Injury, and Nutrition as well as a variety of Health & Wellness subject matter.

For more information call Bill Ingemi @ 891-1508